How to use this log

Four short pages. Fill in what you can; gaps are normal. The point is a dated record you can look back on, or take to a pharmacist or dermatologist.

1. **My shelf.** List every product you use, with the date you started. When you stop or pause one, add that date.
2. **Change log.** Every time something changes, give it its own dated line: added, stopped, swapped, a new strength, or using something more or less often.
3. **Daily notes.** When you notice something, write it in your own words, with where on your skin. "Usual routine, nothing to report" is a complete entry.
4. **Context.** Travel, the weather, sleep, a new medication, your cycle, a new detergent. You are not deciding whether it matters, only that it happened.

My starting point

A short baseline before you change anything. Read it again before you decide whether something worked.

DATE

WHAT I USE NOW, MORNING AND NIGHT

HOW MY SKIN LOOKS AND FEELS, IN MY OWN WORDS

THE ONE THING I AM WATCHING

WHEN I WILL LOOK BACK (DATE)

My shelf

Everything you use on your skin, including cleansers, sunscreen and anything used only sometimes.

PRODUCT	ROLE	AM / PM	STARTED	STOPPED OR PAUSED	NOTES

Change log

One line per change. Added, stopped, paused, resumed, swapped, new strength, or more or less often.

DATE	PRODUCT	WHAT CHANGED	NOTES

Daily notes

Write on the day if you can. If you add something later, note that it was recorded late.

DATE	WHAT I USED	WHAT I NOTICED, AND WHERE	CONTEXT

Skin Memory gives general information based on your own records. It is not medical advice and cannot tell you what caused a skin reaction. If something concerns you, talk to a doctor or pharmacist.